

Plan right, eat right!

TRY THESE GOALS:

1. Aim to eat unrefined starchy foods (e.g. wholegrain bread, porridge oats) at least twice a day
2. Eat 3 meals and up to 3 snacks a day

Unrefined grainy foods help you feel FULLER for longer, CONCENTRATE for longer and provide you with important VITAMINS and MINERALS to stay healthy. Eating regular meals keeps your energy levels topped up too and stops you snacking on foods that aren't so healthy. Plus it's a FUN way to catch up with your family and enjoy nutritious meals together.

MAD SCIENCE - THE ENERGY EXPERIMENT

Get the proof that an unrefined breakfast will power you up for longer!

EQUIPMENT

- An unrefined breakfast (e.g. porridge, wholemeal toast or Weet-Bix; you can add fruit too for extra vitamins)
- A busy day of school ahead
- A pen
- A piece of fruit for recess

METHOD

1. Eat your unrefined breakfast before school
2. Go to school and fill in the results section below to show how full you felt and how well you could concentrate until break time (remember: drink lots of water as usual)
3. Eat fruit as your snack at recess

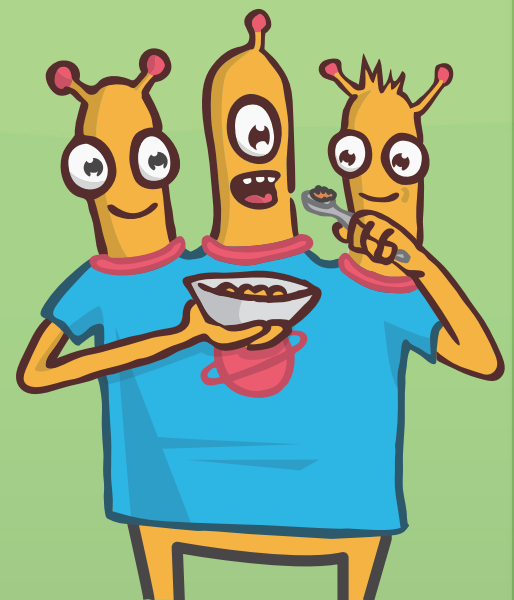
RESULTS

My unrefined breakfast kept me full until:

My unrefined breakfast helped me concentrate until:

CONCLUSION

1. So – did your energy and concentration last until break time?
2. Did you eat your fruit snack? If you did, that's great – your unrefined breakfast stopped you being hungry and choosing something unfriendly instead!



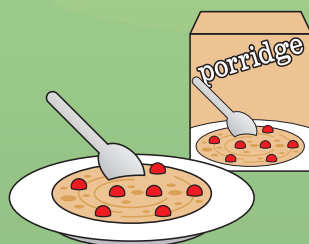
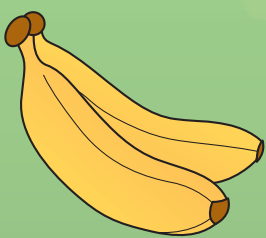
BLAST OFF WITH A BREAKFAST BOX!

- Use an old tissue box or cereal packet to make a breakfast suggestion box.
- Seal the box and cut a slot like a letterbox and put blank slips of paper next to it.
- Leave the box in the kitchen and tell people to write down and post any breakfast ideas they have.
- When you need new breakfast ideas, just pick a slip of paper randomly from the breakfast box. Surprise yourself!

FRIENDLY BREAKFAST IDEAS:

Stuck for breakfast ideas or bored of eating the same thing EVERY morning? Try these friendly breakfast ideas to add a bit of flavour and excitement to your morning routine. You can create lots of different varieties with the ideas below, and don't forget to add them to your breakfast box!

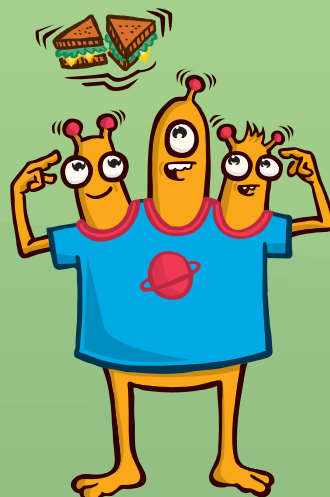
- **Fruit yoghurt** – Add your own favourite fruits to reduced fat natural yoghurt.
- **Cereal** – Eat wholegrain cereals with low or reduced fat milk. Try Weet-Bix, natural muesli (not toasted or baked and with no added sugar) or porridge oats.
- **Wholemeal, wholegrain / multigrain toast** – Try a thin spread of peanut butter (no added sugar), mashed banana, reduced fat hummus, reduced fat cheese, reduced sugar jam, baked beans or fresh tomatoes.
- **Pure fruit smoothies** – Blend fruit with low or reduced fat milk or reduced fat yoghurt with some ice.
- **Porridge** – Have any type you like with no added sugars. You can add fruit, cinnamon, dried fruits, seeds or nuts.
- **Eggs** – One scrambled, boiled or poached egg with wholegrain toasted bread.
- **Homemade wholemeal flour or buckwheat pancakes** – add fresh fruit, reduced fat yoghurt, lemon and a bit of cinnamon.
- **Fruit salad** – Get local fruit in season and try adding some reduced fat yoghurt.



TRANSFORM YOUR MEALS INTO FRIENDLY ONES!

HEY KIDS! Check out the table below. It's got some great, simple meal swap ideas. Write down what you would normally eat for your breakfast, lunch, dinner and snacks and use the table below to make them friendlier!

WHAT I ATE BEFORE...		WHAT I COULD EAT INSTEAD...
BREAKFAST	<ul style="list-style-type: none"> • A bowl of coco pops with full fat milk • 2 slices of white toast with butter and jam • A glass of orange fruit drink 	<ul style="list-style-type: none"> • Porridge oats made with reduced fat milk and sliced banana • 2 slices of wholegrain toast with reduced sugar jam or low fat cheese • A small glass of 100% fruit juice (125ml)
LUNCH	<ul style="list-style-type: none"> • Fish fingers & hot chips with tomato sauce • Large chocolate muffin or cookie • Orange juice 	<ul style="list-style-type: none"> • Wholemeal pita pockets with tuna and salad • Piece of fruit • Low fat yoghurt • Glass of water
DINNER	<ul style="list-style-type: none"> • Sheppard's Pie with creamy mashed potatoes • Fizzy soft drink • 2 scoops of full fat ice cream 	<ul style="list-style-type: none"> • Whole-wheat spaghetti bolognese made with lean mince, tomatoes & grated carrot • Glass of water or sugar free cordial • Sugar free jelly & tinned fruit in natural juices
SNACKS	<ul style="list-style-type: none"> • Potato chips & biscuits • Chocolate • Lollies • Soft drinks 	<ul style="list-style-type: none"> • Wholegrain crackers such as Ryvitas or Vita-wheats with reduced fat cottage or cream cheese • Fresh fruit • Low fat yoghurt • Homemade smoothie made with chopped banana & reduced fat milk



Parents! Try these top 5 tips to help your child to achieve their goals:

1. DON'T BITE OFF MORE THAN YOU CAN CHEW

Help your child choose a realistic goal. Agree on a reward that they will get if they are able to stick to the goal. If they currently prefer 'white' refined starchy foods, you can start by trying to change this for just one meal and then increase over time. Don't forget to shower your child with praise whether it's for eating breakfast or sitting together with the family at dinner time.

2. BE A GOOD ROLE MODEL

Often children refuse to eat a certain food because it's unfamiliar. Help your child try new foods and aim to make the changes yourself too. Changes are much easier to make if you're not making them alone! You should also try to eat meals together as a family at least once a day.



3. TRY TO ENSURE REGULAR MEALS

Your child should be having three friendly meals a day and up to three friendly snacks in between. Making sure they have regular healthy meals and snacks prevents overeating, so they won't get hungry and snack on unfriendly foods like chips, chocolate and lollies.

4. RULES AND ROUTINES

What do you want to change? Pick your priority and make a rule to get your family into a routine. Draw a table like the one below to jot down your ideas. Plan ahead and use these tips to help you!

I WANT...	MY RULE...	MAKE IT HAPPEN...
My child to eat breakfast everyday	The whole family has to eat breakfast, however small	<ul style="list-style-type: none"> Prepare breakfast the night before and wake up 20 minutes earlier Give my child 2 – 3 breakfast choices so they can pick one they like
My child to eat regular meals	No eating between meals apart from planned friendly snacks (up to 3 per day)	<ul style="list-style-type: none"> Plan mealtimes and menus together, taking into account after – school activities Find or cook friendly snacks together

5. MAKE TIME TO EAT TOGETHER

Parents, carers, brothers, sisters and the whole family are important role models for children, so mealtimes are a great opportunity to encourage your child to eat healthy. Making time to eat together has been show to keep us happier and healthier so be sure to get the whole family involved in healthy living!

Useful Links

- www.eatforhealth.gov.au - <http://www.eatforhealth.gov.au/food-essentials/five-food-groups/grain-cereal-foods-mostly-wholegrain-and-or-high-cereal-fibre>
- www.glnc.org.au/grains/the-australian-dietary-guidelines-explained/ Grains & Legumes Nutrition Council
- www.sanitarium.com.au/health-and-wellbeing/what-are-the-benefits-of-wholegrains
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/10_tips_for_healthy_snacking?open